

 **100%**
HEALTH SCORE

Stove-Top Vegetable Fricassee with Tarragon Cream

 **Gluten Free**  **Very Healthy**

READY IN

**25 min.**

SERVINGS

**4**

CALORIES

**323 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bunches asparagus ends trimmed cut into 3-inch pieces
- 1 cup baby carrots
- 2 cups rice cooked
- 2 cups dandelion greens
- 1.5 cups milk fat free
- 2 tablespoons tarragon fresh chopped
- 4 servings salt and ground pepper black

- 2 teaspoons olive oil
- 1 cup onion sliced
- 2 tablespoons parmesan grated
- 2 bell peppers green red seeded sliced
- 0.5 cup cup heavy whipping cream light sour
- 0.5 cup vermouth dry white

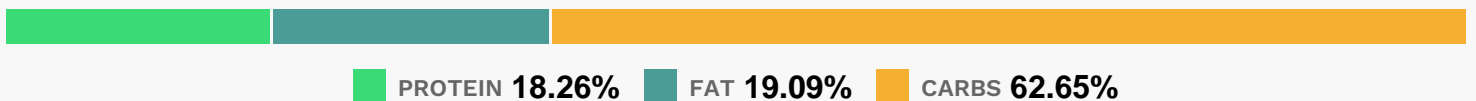
Equipment

- frying pan
- oven
- broiler

Directions

- Preheat broiler.
- Heat oil in large high-sided, oven-proof skillet over medium heat
- Add sliced onion, bell peppers, asparagus, and carrots and cook 3 to 5 minutes, until crisp-tender. Stir in tarragon and vermouth cook 2 to 3 minutes.
- Add spinach (or dandelion greens) and milk and sour cream and simmer 2 minutes.
- Add more milk, if needed, to make sure the vegetables are submerged. Season, to taste, with salt and black pepper.
- Sprinkle Parmesan cheese over the top.
- Place pan under broiler and broil until golden brown.
- Serve mixture over rice.
- Chef's Note: You can clean and cut all vegetables and reserve in refrigerator, to be used when cooking fricassee.

Nutrition Facts



Properties

Glycemic Index:96.81, Glycemic Load:28.96, Inflammation Score:-10, Nutrition Score:36.80086931975%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg, Luteolin: 2.92mg Isorhamnetin: 14.83mg, Isorhamnetin: 14.83mg, Isorhamnetin: 14.83mg, Isorhamnetin: 14.83mg Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg, Kaempferol: 4.38mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 41.5mg, Quercetin: 41.5mg, Quercetin: 41.5mg, Quercetin: 41.5mg

Nutrients (% of daily need)

Calories: 323.24kcal (16.16%), Fat: 6.76g (10.39%), Saturated Fat: 2.91g (18.22%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 41.6g (15.13%), Sugar: 13.99g (15.55%), Cholesterol: 14.52mg (4.84%), Sodium: 150.8mg (6.56%), Alcohol: 3.09g (100%), Alcohol %: 0.64% (100%), Protein: 14.54g (29.08%), Vitamin K: 175.29µg (166.95%), Vitamin A: 8190.1IU (163.8%), Vitamin C: 70.45mg (85.4%), Manganese: 1.37mg (68.27%), Folate: 185.74µg (46.44%), Iron: 7.22mg (40.13%), Vitamin B2: 0.61mg (35.86%), Phosphorus: 343.36mg (34.34%), Vitamin B6: 0.68mg (34.17%), Calcium: 336.58mg (33.66%), Fiber: 8.27g (33.1%), Potassium: 1149.25mg (32.84%), Vitamin B1: 0.49mg (32.37%), Copper: 0.62mg (30.98%), Magnesium: 96.3mg (24.07%), Vitamin E: 3.49mg (23.25%), Selenium: 15.22µg (21.74%), Vitamin B3: 3.62mg (18.09%), Zinc: 2.68mg (17.87%), Vitamin B5: 1.52mg (15.25%), Vitamin B12: 0.68µg (11.39%), Vitamin D: 1.08µg (7.2%)